Japanese Know Secret

Happiest Diet In World

They Eat Heartily But Never Get Fat

TOKYO (WNS)—"In Japan, children aren't coaxed to eat, women don't diet, and men don't get fat at 40," says Mrs. Toshio Yoshino.

The young Tokyo teacher added that Japanese women stay beautiful longer than western women, too.

"It is because we have the happiest diet in the world and colorful and entertaining ways of serving it," she explained.

Mrs. Yoshino finds the Japanese diet superior on four counts, which she explained as follows:

1. Japanese food is served beautifully, like a flower arrangement.

"It takes time, training and artistic sense to arrange raw fish slices so that they look like flowers on leaf-shaped plates. It takes love to make seaweed look like lilies. But we wish to make everything—even eating—an aesthetic experience."

2. Japanese food is delicious, light and fun to eat.

"Because it is fun, we never need to coerce or beg children to eat it. Because it is delicious, husbands are not tempted to rush through a meal without interest. Because it is light, it appeals to lovely ladies."

3. Japanese food is not fattening.

"Thus we keep our figures slim, and we must because sometimes we wear three layers of kimonos and five layers of sashes and girdles plus our pet vanity, the obi."

4. Japanese food is healthy.

"The large quantities of fish we eat protect our teeth. The seaweed helps our hair retain its color. The many scallions and leeks which we eat nearly raw keep our hair abundant even during old age. And the absence of large amounts of meat in our diet minimize heart and liver complaints."

She named the following as typical Tokyo meals:

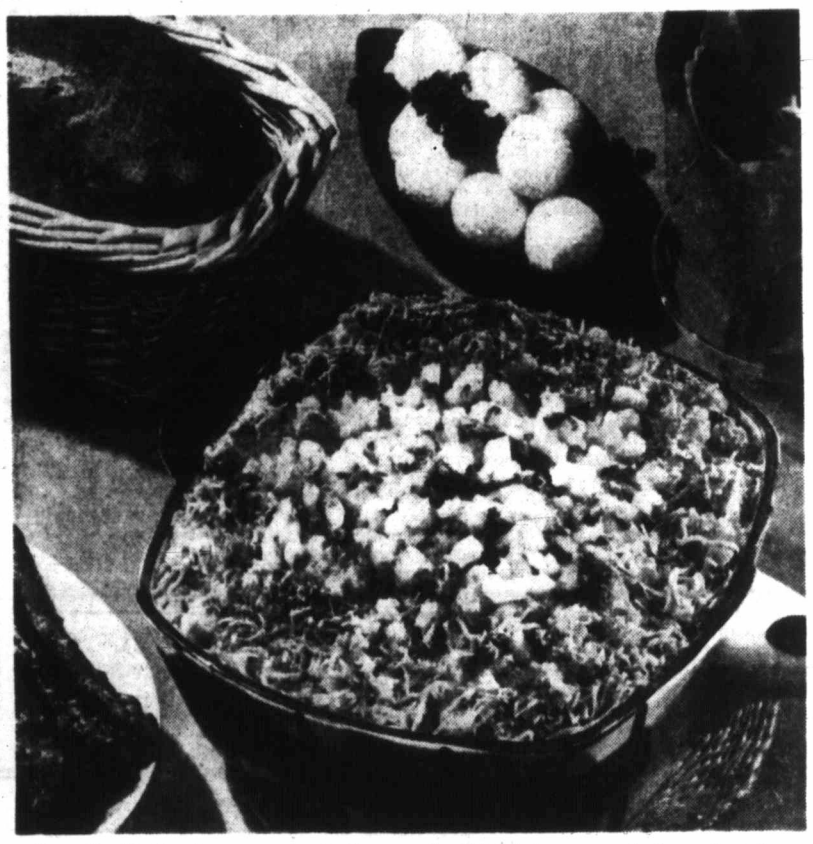
Breakfast: Misoshiru, a thick brownish, rather sweet vegetable soup with bean curd; boiled rice, served in a covered wooden tub; individual baked egg; nori (seaweed); tempura (fried fish); mamuko sashshimi (raw-fish flowers); pickles.

Lunch: Tamago suimono (egg soup); hoshisahama, a fried fish dish; suki yaki, thin slices of beef, leeks, scallions, spring onions and bean curd squares steamed in fat and stock in a skillet at the table; misuna (boiled watercress); fresh fruit.

Dinner: Kuchitori, or hors d'oeuvres; satsuma jiru, chicken soup with vegetables; mamuko shashimi (raw-fish flowers); tempura, lobster and prawns fried in a light batter; saba no suzuki, pickled mackerel; so ba, black noodles; misoshiru soup and rice; fresh fruit.

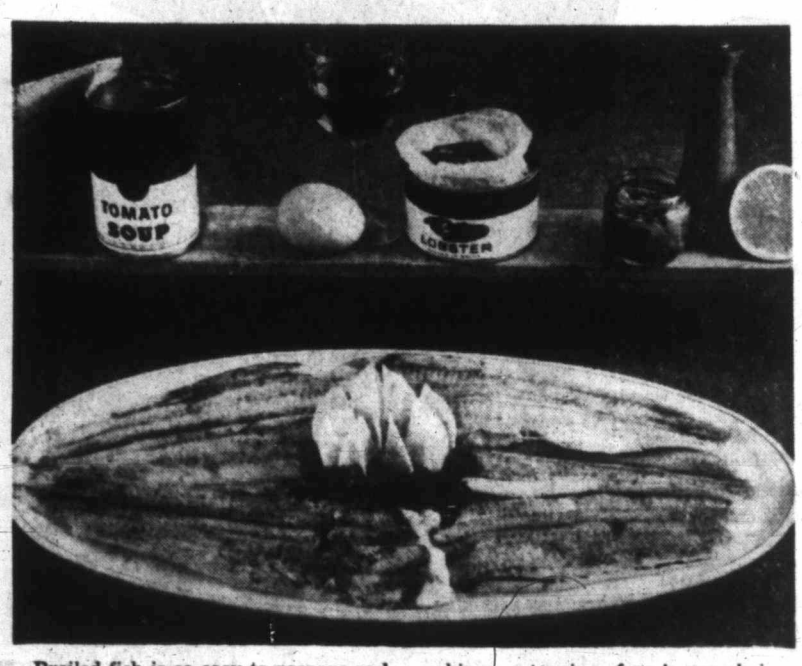
Quick, Easy Recipes Free Housewife

Eat AND Enjoy Spring



Served with fresh asparagus, butterballs and crusty French bread, this beef 'n' bake casserole is perfect for springtime entertaining.

Marshmallows make the difference with this crusty vegetable casserole made with sweet potatoes and served with salad and a meat entree.



Broiled fish is so easy to prepare and with a little imagination, one can whip up a topping of one's own choice using basic ingredients.

Being Prepared Is Sole Secret

Much has been said about how to please family appetites which change with the approach of warmer spring days.

But how about the homemaker who falls victim to spring fever?

With simple dishes to serve such as those on this page you can prepare ahead and take in some of that spring sunshine and fresh sea air without worrying about the "What's For Dinner" cry.

* * *

If you're not fortified with a good supply of quick and easy recipes for those days when you just don't feel like "slaving over a hot stove" and the family is ravenous, here are a few to put in your recipe book:

BEEF 'N' CHEESE BAKE

Cook one cup cut macaroni in boiling salted water until tender. Drain, rinse and drain again. Combine macaroni with a four-ounce package of shredded dried beef, one cup of cottage cheese, one cup of thick sour cream, one tablespoon grated onions, one teaspoon Worcestershire sauce into a greased one to one and half quart casserole. Crush corn flakes into fine crumbs, combine with grated half cup of cheese and sprinkle over casserole. Bake at 350 degrees for 30 minutes. Makes six servings.

* * *

Another casserole that's sure to please is made with a popularly-priced vegetable, sweet potatoes:

CRUSTY SWEET POTATO CASSEROLE

Combine 3 cups of mashed sweet potatoes with two tablespoons soft butter, one tablespoon grated orange rind, salt and pepper. Spoon into buttered, one quart casserole. Arrange eight marshmallows, quartered, over potatoes, pressing in lightly. Over the top, crush sugar-coated corn flakes into crumbs and mix with tablespoon of butter. Sprinkle over marshmallow and bake in slow oven at 325 degrees for 30 minutes. Makes six to eight servings.

* * *

Weight watchers will like these toppings for broiled fish; they add eye appeal without increasing the calory count:

TEMPTING TOPPERS

Brush fish with a thin layer of Worcestershire sauce, sprinkle with paprika.

Cover during the last few minutes of cooking with a mixture of minced cucumber, pimento, onion, salt and pepper.

Sprinkle with a special fish herb mixture—thyme and sage or rosemary and basil and add a little raw carrot grated for color.

Or spread with a thin layer of ketchup or chili sauce.

* * *

And for an ice box dish to prepare ahead here is:

CRANBERRY SOUR CREAM SALAD

Dissolve one package of cherry-flavored gelatin in one cup hot water. Add ½ cup cold water. Let chill until slightly thickened. Break up one can of whole cranberry sauce with fork. Stir into gelatin with ½ cup diced celery and ¼ cup chopped walnuts. Fold in one cup sour cream. Pour into a one quart mold and chill. Makes four to six servings.

* * *

And the finishing touch to any springtime meal is:

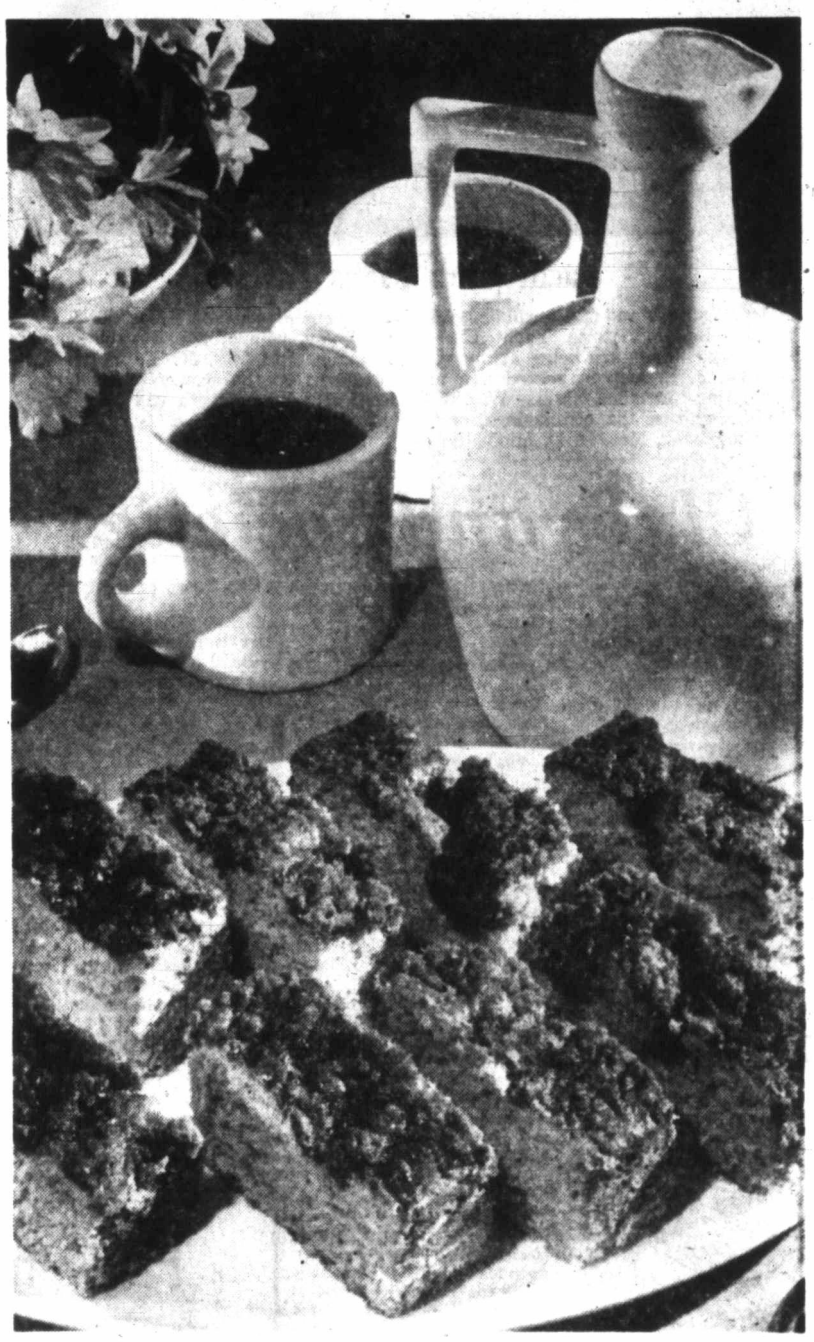
COFFEE CAKE

Into a mixing bowl, put two cups biscuit mix, ¾ cup sugar, one egg, 1-3 cup milk, three tablespoons soft butter and one and one half tablespoons of instant coffee.

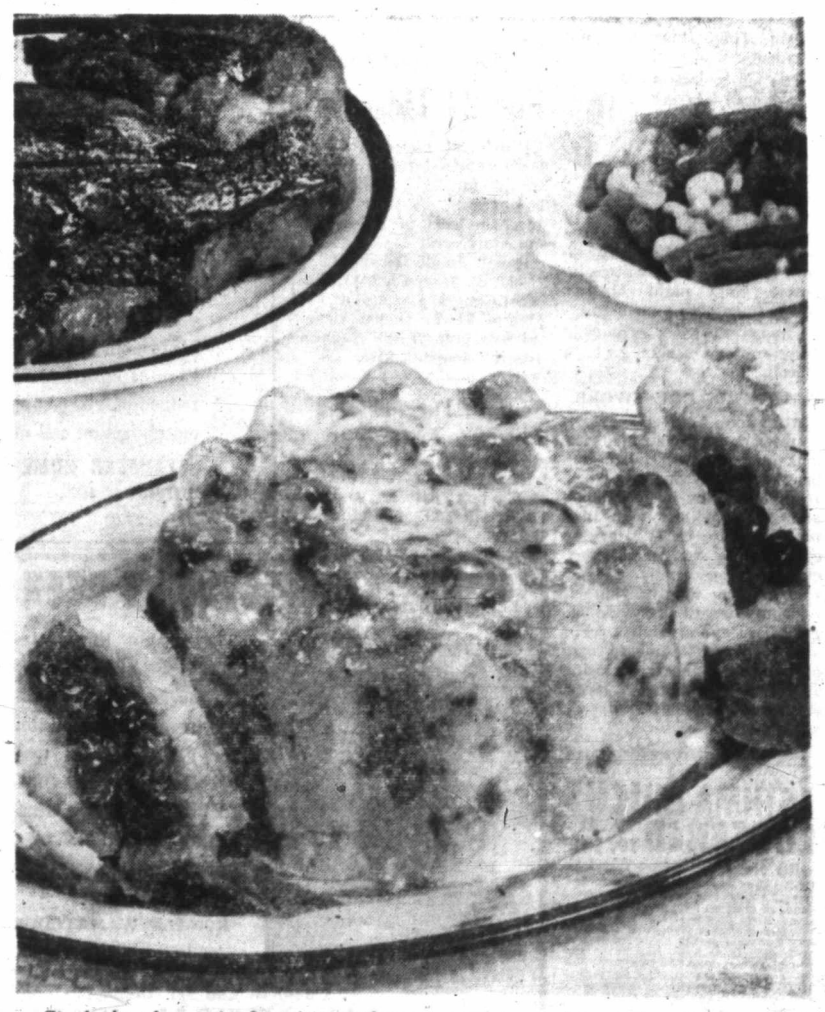
Beat until smooth and add another ⅓ cup milk; beat another 30 seconds. Pour into greased, floured eight-inch square pan. Sprinkle with coffee crumb topping and bake at 375 degrees 25 to 30 minutes or until centre is firm.

COFFEE CRUMB TOPPING

Mix together three tablespoons flour, ⅓ cup brown sugar, one tablespoon instant coffee and two tablespoons soft butter.



To top off a springtime meal, serve—with coffee—this delightful coffee cake, simple to prepare ahead of time so housewives can enjoy the spring sunshine, too.



Steak is always a favorite, spring and summer, and with it one can serve this cranberry sour cream salad, perfect complement to a sizzling steak along with mixed fresh vegetables.